



Naval Medical Center Portsmouth, Portsmouth, Va.



Academic Research
Competition — Page 7

NMCP Gets Near-Perfect Score for Retention Excellence Award

STORY AND PHOTO
BY MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated the receipt of the Retention Excellence Award for fiscal year 2012 March 21, after receiving the highest score of all Navy Medicine commands – a 99 percent – during the recent Career Information Program inspection.

During the celebration, Capt. James Hancock, deputy commander, NMCP; and Command Master Chief (SW/AW/FMF) Michael James, presented the award certificate and Golden Anchor pennant to the Career Counselor Department staff. The award represents a command's success and dedication to the growth and development of its enlisted Sailors.

"This award recognizes the hard work of our Command Career Counselor staff and Command Development Team, who assist NMCP staff, which also includes those at all of our branch health clinics," James said. "I am proud that we've earned the Bureau of Medicine and Surgery's Retention Excellence Award, which is the first time this achievement has been made here in nearly a decade."

To receive the award, a command must pass the rigorous CIP conspection with a minimum score of some score achieved by NMCP is exceptional given that within the staff of about a dozen, only the department's senior enlisted leader is a rated Navy counselor.

"I really want to highlight the nonformally trained staff in this office, which is probably the biggest part of this," said Senior Chief Navy Counselor Kevin Reep. "With only a few who have attended Career Counselor School, most have no formal training, and they really get the job done. With just their sheer



CMDCM (SW/AW/FMF) Michael James, center, NCCS Kevin Reep and HM1 Lisa Zurek, Command Retention team leaders, show off the Retention Excellence Award certificate during the ceremony.

will and determination, they have made this possible."

Reep is actually the first rated Navy counselor to be stationed at NMCP, and through his leadership and training since December 2011, improved the knowledge and skills of those in the office, enabling the department to earn the award.

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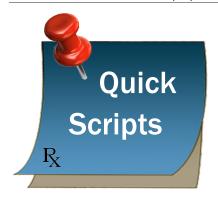
Chiefs Donate to Navy and Marine Corps Relief Society

By MC2 (SW) Anna Arndt NMCP Public Affairs

About two dozen Chiefs representing NMCP's Chief Petty Officers Association gathered April 10 to donate \$500 to the 2013 annual Navy and Marine Corps Relief Society fundraising campaign. The association decided to donate the funds to the society because they often refer their Sailors to the organization and know that it will directly help their Sailors. The donation comes from association funds accrued from annual dues and from fundraisers they hold throughout the year.



Photo by MC2 (SW) Anna Arndt



Drug Take-Back Day

Purge the Pills! On April 27 from 10 a.m. to 2 p.m. NMCP and the Drug Enforcement Administration will give the public its sixth opportunity in three years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs.

Bring medications for disposal to NMCP's Outpatient Pharmacy located on the 2nd floor of Bldg. 2. The service is free and anonymous, no questions asked.

Volunteen Applications Now Available, Due May 17

The American Red Cross Summer Youth Volunteer Program applications are available in the Red Cross office, Bldg. 3, 4th floor, Wing C, from April 15 to May 17.

The program is open to all military family members and children of NMCP staff between the ages of 14-17. Orientation will be June 26. The program runs from July 1 to Aug. 23. Contact the Red Cross at 953-5435 with questions.

Sexual Assault Awareness Month: Courage to Learn

For Sexual Assault Awareness Month, the DoD theme is "We own it...we'll fix it...together," to increase the awareness of addressing this important issue together.

While no one can completely protect themself from sexual assault, there are things to do to help reduce the risk of being assaulted in social situations, including going to social gatherings with a group of friends and leaving with them.

Those who have been sexually assaulted, or suspect they have been, can contact NMCP's SAPR VA, Cmdr. Deborah Sweetman, at pager 988-9626, the sexual assault response coordinator at 445-0369, or the DoD Safeline at (877) 995-5247

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for confidential help, day or night.

MWR Outdoor Rec Moved

The Moral, Welfare and Recreation's Outdoor Recreation location moved to Scott Center Annex and is joined by the Auto Hobby shop.

Outdoor recreation rents boats, campers, jet skis, mountain bikes, kayaks, canoes, grills, tents and more.

The Auto Hobby shop offers indoor stall space and appropriate tools for authorized patrons to work on personal vehicles. Auto Hobby also offers basic services like oil changes, fluid checks, tire rotations, etc. Daily hours vary; closed Wednesdays. Call 396-5871 for information.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com

NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil

(757) 953-1973



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Capt. James L. Hancock

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

International Research Group Commends NMCP's Pediatric Cancer Program

STORY AND PHOTO BY MC2 (SW) ANNA ARNDT NMCP Public Affairs

Naval Medical Center Portsmouth announced April 3 that its Children's Oncology Group received outstanding results in an audit conducted last month by the international Children's Oncology Group.

The auditors elaborated that not only was NMCP's data perfect, but it was the best they had ever seen.

around the country."

"...it translates to we are giving very good care to

NMCP is one of 200 hospitals around the world that participate in COG to further advancements in treatment and cure of cancers that affect children. Its data must be accurate and precise.

The 200 hospitals pool

scientific ideas, research skills and patient data, which have resulted in dramatic improvements in cure rates that are approaching 80 percent for children's cancer. Each hospital that is a member of the COG is audited every three years, which is an on-site review of research subject's medical records to confirm protocol and regulatory compliance.

"When you participate in clinical trials, it is very important to have accurate data, and the audit ensures that we are practicing

that, and administering medications and doing things for the study that are not going to harm patients," said Cmdr. (Dr.) Brian Feldman, Pediatric Hematology-Oncology Division head and principal investigator. "The audit is kind of a check to look at all of our data to make sure we are getting the labs that are needed for the study, reporting things on time, documenting what we are doing on time, and giving proper informed consent for the patients."

NMCP's pediatric oncology doctors have access to funding for research studies and cutting-edge treatments and therapies, which elevates the care a child with cancer gets at NMCP to that of world-renowned children's cancer hospitals.

"Pediatric cancers are still pretty rare, so if we relied on the research that we did just with our patients, it would certainly take years and years to advance any kind of education and knowledge that we are gaining," said Air Force Maj. (Dr.) Bethany Mikles, who will assume the duties of principal investigator this month. "So by pooling all the patients across the world, it winds up getting much better answers, much quicker."

There are about 13,000 to 14,000 new cases of childhood cancer each year in the United States, compared to 1.6 million adult cases, said Feldman. With a smaller number of patients to learn from, it's imperative that the data provided by member hospitals is impeccable.

The audit helps make sure the program is as successful as possible in accomplishing its two goals: to cure, and do so with minimal side effects.

"Preparing for the audit is a good thing for us, because it helps us make sure we are doing things right and staying on top of data," Feldman added. "The things that impressed the auditors were our preparation, attention to detail, documentation and communication. That tells them that all of those factors go into our patient care as well. They read the documentation, they read the compliance, and they read our management and they

> were very pleased with it and it is important because it translates to we are giving very good care to our patients, on par with any other big institution around the country."

> The international COG is a research organization supported principally by the National Cancer

our patients, on par with any other big institution - Cmdr. Brian Feldman, Pediatric Hematology-Oncology Division head

> Institute. It oversees the development of new treatments and cures for the cancers affecting infants, children, adolescents and young adults. The COG unites more than 8,000 experts in childhood cancer at more than 200 leading children's hospitals, universities and cancer centers across North America, Australia, New Zealand and Europe in the fight against childhood cancer. It conducts more than 150 simultaneous studies of leukemia, brain tumors and the other principal cancers of children.



Capt. Timothy Porea, a pediatric oncologist, gives Connor Hanley, 5, a check-up while he is an inpatient at NMCP. Connor is the son of NMCP staff member HMCM Tim Hanley, Directorate for Surgical Services, and his wife, Amanda.

Total Patient Care: Five NMCP Clinics Earn Top 'Level 3' Recognition

By Rebecca A. Perron NMCP Public Affairs

Naval Medical Center Portsmouth announced April 2 that five of its clinics were certified as Level 3 Patient-Centered Medical Home status by the National Committee for Quality Assurance in the last two months, the highest level they can achieve.

By documenting they provide total patient care, the Family Practice Medical Home Ports at the branch health clinics at Naval Air Station Oceana, Joint Base-Little Creek and Naval Station Norfolk earned this recognition. At NMCP, the Pediatrics and Family Medicine clinics, also Medical Home Port clinics, also earned the Level 3 recognition.

The status is in effect for three years before the clinics must reapply. They join the Pediatric Medical Home Port at the Little Creek clinic, which attained Level 3 status a year ago. Another six clinics at NMCP – at area BHCs,

TRICARE Prime clinics and Internal Medicine – will apply for Level 3 certification later this year.

The Medical Home Port program streamlines patient care using a team approach to provide comprehensive and integrated care. Patients receive continuity of care from a team of health care providers. They proactively engage in their patients' health care and engage the patient in their health care needs. The Home Port model focuses not only on the care, but also the relationship and trust that grows between the health care team and the patient.

"Medical home is like an old-style family doctor's office, but with a whole team of professionals," said Leanne M. Slagle, department head for Primary Care at BHC Little Creek, who submitted the application for her clinic and oversaw the process for the other four.

"This model gives the patients more one-on-one time with the physician or the team," Slagle said. "It encourages the team to know their patient population, and it really focuses on preventative care and empowers the patient to become more actively involved. Overall, it has been shown an improvement in health outcomes and helps to control cost."

NCQA awards three levels of recognition. To achieve Level 1, practices must successfully comply with at least five elements. Achieving levels 2 and 3 depends on the clinic's score plus complying with 10 must-pass elements.

The nine standard categories and 10 must-pass elements require clinics to track patients and coordinate care; enhance access and communication; measure and improve performance; identify and manage patient populations; plan and manage care; and provide self-care support and community resources.

With the lengthy application process, each clinic was required to submit about 500 pages of documentation, which took some clinics most of 2012 – up to nine months – to gather.

"The hard part is not the submission or even the gathering of data, the hard part is that in order to achieve Level 3 recognition, you must be providing total patient care," said Lt. Eve Poteet, NMCP's Pediatric Clinic division officer. "This includes 24-hour access to care, including implementing and advertising provider advice lines, offering extended clinic hours, and notifying patients of abnormal and normal laboratory, radiology and referral results.

"The clinic also must prove that they are following up with high-risk patients," Poteet continued, "including those who use the emergency room, within 48 hours, providing resource to special needs families, providing excellence in asthma, ADHD and well child care... the list goes on."

Poteet said that ensuring a clinic can meet the Level 3 certification helps hold the clinic accountable to that standard of care.



File photo

An NMCP Family Practice physician examines a Medical Home Port patient who receives patient-centered care from a team of health care providers.



NMCP's Command Retention Team show off the Golden Anchor pennant that the medical center can now fly after receiving the Retention Excellence Award for fiscal year 2012.

RETENTION — Continued from page 1

"The major changes we made were getting 'brilliant on the basics,' ensuring timelines and requirements were met," Reep said. "We involved the Directorate Retention Team members and focused 100 percent on Sailor milestones. The direct guidance and support of the command's leadership catapulted and empowered my team to seek out and meet challenges in ways not common in the career development field.

"Understanding the Navy Surgeon General's priorities, they recognize that we need 'full up round' Sailors, focused on the mission, which is best achieved when you remove career obstacles. Lastly, we held people accountable at all levels of leadership for the development of our Sailors, and it shows in our outstanding first-term retention rates," Reep said.

During the annual inspection, a 27-page checklist, Sailor development and retention programs were assessed. The command was evaluated against several benchmarks, including retention for Sailors in various stages of their career, how well the command's career development and retention teams function, the timely submission of Perform-to-Serve Program packages, and if there is a proper ratio of career development/retention team members to enlisted staff.

"Each person in this office knows all the jobs in the office, but has ownership of a particular program," said Hospital Corpsman 1st Class Lisa Zurek, the department's leading petty officer. "For instance, Petty Officer Ransom, a third class, is in charge of officer programs."

Through all their hard work, the bottom line for the staff is the recognition of that work through the receipt of the award.

"This is a big deal," Zurek said. "Last year, the inspection did not go as well, and now, we are at the top of the mark. To get this award and look back at all the hard work, we could not be a happier bunch of people. It is a big sense of accomplishment."

HOME — *Continued from previous page*

"Every clinic thinks they provide outstanding care, however, it is in proving that care that one finds the gaps and then works to resolve them," Poteet said."My staff has spent hundreds if not thousands of hours now proving that not only to the patients, but to the people who recognize it at the national level. NCQA has helped guide the way to be an effective medical home, but it is only in collaboration with the patient that we may do so."

Slagle agreed, adding that putting the processes in place and maintaining them is what guides her clinic to continually provide the highest standard of care.

"By maintaining this highest level of recognition, we can easily show the quality of care that we give daily," Slagle said. "We put those processes in place and maintain them, and then sometimes have to try new ideas when the first one fails. A great example is what we are doing to decrease our noshow rate."

The Navy Bureau of Medicine and Surgery launched the MHP program in 2010. The care model began at NMCP in March that year in two clinics – NMCP's Family Medicine and the Pediatrics Clinic at Little Creel – and was then implemented in the other clinics later in 2010 and in 2011.

NCQA is a private, 501©(3) notfor-profit organization dedicated to improving health care quality in the U.S. Since its founding in 1900, NCQA has been a central figure in driving improvement throughout the health care system, helping to elevate the issue of health care quality to the top of the national agenda.

facebook.

Keep informed Through Social Media

Stay in the know about all things NMCP by becoming a fan of the command's Facebook page at www. facebook.com/NMCPortsmouth and Twitter at http://twitter.com/

NMCP1. Our goal is to lead Navy Medicine with 10,000 Facebook fans by summer. Help us reach that milestone!



NMCP Galley Now Accepts Credit, Debit Cards

By MC 2 (SW) Anna Arndt NMCP Public Affairs

Nutritious, delicious and now, extra convenient: Naval Medical Center Portsmouth's galley began accepting debit and credit cards for payment April 1 in the latest of a series of improvements to customer service and healthy menu choices.

Those who don't have cash can skip the stop at the ATM before heading to the galley to enjoy a great meal. Galley patrons can now pay for meals with Visa, Master Card and Discover credit cards, as well as debit and EBT cards. Galley patrons should also bring a picture I.D.

"We were probably turning away 10 or 20 people a day because we weren't taking anything but cash," said Cmdr. Paul Allen, department head of the Nutritional Management Department and registered dietician. "We had to get the financial part of this arranged, and get a dedicated internet line and then buy the readers, but it makes things much easier for the patrons."

"I rarely carry cash – this is a great idea," commented John Lemke to NMCP's Facebook post about the change.

"Wish I could hit 'like' a few more times," commented Caroline Barnes on Facebook.

This newest improvement to customer service is the latest spearheaded by Allen who has made it his mission to upgrade and improve since reporting to NMCP last summer. The first change was the "Death of the Speed-Line" celebration Oct. 31, which closed the door on unhealthy food choices, such as bacon double cheeseburgers, nachos with processed cheese, and hot dogs, French fries and onion rings.

The burger bar now means patrons can enjoy a grilled chicken



CS3 Nelson G. Abreu swipes the credit card of a galley patron on April 1, the first day the new convenience of payment by credit and debit cards was available in the galley.



Photos by MC1 (SW/AW) Steven J. Weber

A galley patron at NMCP is among the first to use the new credit and debit card payment option. Patrons can now pay for meals with Visa, Master Card and Discover credit cards, as well as debit and EBT cards.

patty sandwich or a black bean or Boca burger with turkey bacon and a side of baked potato wedges.

Since the death of the speed-line's former menu, the galley has offered healthier options for breakfast, lunch and dinner. Now, only fat-free salad dressings and no-calorie sodas are available (in addition to milk). Allen has enrolled many of the culinary specialists to the Culinary Institute of Virginia in Norfolk, to improve the cooking skills of the galley staff.

"We are really focusing on food quality, so we are looking at our recipes and all the processes involved," said Allen. "We have expanded our options on the taco bar, potato bar and the pasta bar. We are working on rotating a different kind of salad – like

fruit, pasta or potato salad – for our sandwich bar, which will probably be out by the end of April. I have about 20 entrees I want to change, but that is a challenge because I have to change my patient menu process."

Changes in the galley are not only healthful, but also environmentally friendly. Allen has removed all polystyrene from the patient tray line, and replaced it with biodegradable products, with very few exceptions.

He enthusiastically points out that there is a theme to the medical center galley, and it is, "Do not make more patients." Allen's goal is to provide not just healthy foods, but "goodtasting" healthy foods.

"My message is to promote eating healthier," said Allen. "It's not just health in terms of food quality, but it's also good-tasting stuff. I welcome comments both positive and negative. The goal is to show people that healthy food can still be tasty."

NME Announces 28th Annual Research Competition Winners

STORY AND PHOTOS BY MC2 NIKKI SMITH NMCP Public Affairs

The Naval Medical Center Portsmouth commander announced the winners of the 28th annual Navy Medicine East Academic Research Competition Poster Session April 1 after residents and interns from around NME presented their posters on March 22.

Eighty-three entries were presented to the judges. The primary presenter for each research project and poster is either a resident or an intern who was assisted by an NMCP staff member in the completion of the project. The research competi-



Air Force Capt. Elizabeth Schulz, NMCP's Pediatric Medicine Department, answers judges' questions about her research poster entry during the 28th annual Research Competition Poster Session.

tion gives residents and interns the practice in completing such a project and making a presentation of their work.

The first place winners are from the Pediatrics Department: Air Force Capt. Elizabeth Schulz, a pediatric resident, and NMCP staff Cmdr. Matthew McLean and Cmdr. Stephanie Kapfer. They presented "Partial Deletion and Duplication of the Long Arm of Chromosome 4: A Previously Described Genotype with New Phenotypic Qualities."

"I still think I'm in shock!" said Schulz about her win. "With all the great competition, especially the innovative surgical procedures and fascinating cases that entered the competition, I feel quite honored to have won. It is definitely not just a win personally, but a "Team Pediatrics" win. I just feel blessed to have so much support, especially as an Air Force resident at a Navy hospital."

Second place went to Lt. Mary Thorpe, Lt. Cmdr. William Ward, Lt. Daniel Z. Adams and Cmdr. Christopher Scibelli of Vascular Surgery for "An Odd Variant of Thoracic Outlet Syndrome – A Case Report," and third place to Lt. W.

Michael Pullen and Lt. Cmdr. Robert Gaines in Orthopedics for "Dual Plating Technique with Iliac Crest Autograft for Symptomatic Non-Union of Medial Clavicle Fracture."

The topic of each poster differed, ranging from patients with a lung abscess or Crohn's disease to care given to a patient who had swallowed a sharp object. Because of the success of their work, many of the resulting studies have been submitted to medical journals for publication.

"A testament to the quality of the submissions was that the judges had a very tough time determining the winners as there were so many good posters," said Rear Adm. Elaine C. Wagner, NMCP commander, in an email.

"I'm proud of all of our trainees, but am especially appreciative of those who went above and beyond to enter posters in the recent research competition," said Capt. Tim Porea, Pediatric Residency Program director in Pediatric Oncology at NMCP. "These projects take a good deal of time on top of all their regular duties, and they are to be congratulated on their efforts.

"I'd also like to recognize the staff physicians who served as mentors for these projects," Porea added. "It is contributions like these from both residents and staff that make our joint Navy-Air Force residency a highly sought program in military pediatrics."

For the competition, residents and interns conduct case studies over weeks or months and present them to hospital staff for review. In some cases, special surgeries or specific drug treatments were

involved, many requiring X-rays and photographs to be taken and follow-up care.

"The research effort was an endeavor, especially in the amount of data gathering involved," Schulz said. "Dr. Kafer continued surgical follow-up and documentation for this patient, which helped to put the pieces of this child's life together for us. Dr. McLean devotes much of this time to resident education and played a vital role in gathering data."

After their research was completed, they compiled the information and images into a presentation poster and prepared for a 10-to-15 minute question and answer session with the judges.

"Every time a physician is presented with an opportunity to speak about their area of interest, it is a new opportunity to

NMCP Celebrates GI Nurses and Associates Day with Colorectal Cancer Awareness Booth

Story and photos by MC2 (SW) Anna Arndt NMCP Public Affairs

Naval Medical Center Portsmouth's Gastroenterology Clinic celebrated GI Nurses and Associates Day March 27 for the seventh year in a row with an information booth campaigning for Colorectal Cancer Awareness.

The purpose of the booth was to inform men and women who are 50 years or older about the importance of having regular colorectal cancer screening tests. For those who have an average risk, colonoscopy is recommended every 10 years; a fecal occult blood test should be completed yearly with positive results followed up with a colonoscopy; and a flexible sigmoidoscopy is recommended every five years.

"I started doing this seven years ago," said Zenaida D. Limon, a clinic nurse specialist in the Gastroenterology Clinic. "Every year I give away about 1,000 pamphlets about colorectal cancer awareness, and I am hoping that those who see the booth pass the information they learn here to other people."

"We are providing pointers on a good diet, diagnosis and prevention and things to look for," said Hospitalman Egor Fomin, from the Gastroenterology Clinic. "Colorectal cancer is a serious issue. Prevention is important and early detection is paramount to the prevention of this disease."

Among the cancers that affect both men and women, colorectal cancer is the fourth most commonly diagnosed cancer and the second leading cause of cancer-related death in the United States. Every year, about 140,000 Americans are diagnosed with CRC and more than 50,000 people die from it.

People who have no identified risk factors should begin regu-



Zenaida D. Limon, a clinic nurse specialist in the Gastroenterology Clinic, discusses information in a pamphlet with a staff member at the Colorectal Cancer Awareness booth on GI nurses and Associates Day.



HN Egor Fomin, Gastroenterology Clinic, gives information to a patient during GI Nurses and Associates Day.

lar screening at age 50, or 45 years old for African Americans. Those who have a family history of CRC or other risk factors for colorectal polyps or cancer should talk to their doctor about when and how often to get tested.

A colon polyp is a growth on the surface of the colon. Some colon polyps are benign, which means they are not cancer. But some types of polyps may already be cancer or can become cancer, according to Limon.

"Colon cancer, if it is treated early, is beatable, stoppable and preventable," Limon said. "About 30 procedures are performed a day and the clinic sees a new patient every 15 minutes, five days a week from 8 a.m. to 4 p.m., so we see a lot of people. We have the busiest clinic in the hospital."

The downside to this cancer is that it is hard to identify,

according to Limon. A colonoscopy is not only a diagnostic, but also therapeutic because doctors can remove polyps at the same time. Cancer of the colon can be prevented by removing the polyps. And when colon cancer does occur, it can often be cured when detected very early. This is the aim of screening.

"We always talk about looking for bloody bowel movements, some unexplained weight loss, or diarrhea and change in stool," Limon said. "While all of these can be symptoms, unfortunately there is not one specific symptom that's going to say you have colon cancer."

Many polyps and colorectal cancers do not produce symptoms until they become fairly large. Screening involves one or more tests performed to identify whether a person with no symptoms has a disease or condition that may lead to colon or rectal cancer. The goal is to identify the potential for disease or the condition early when it is easier to prevent or cure.

Marine Sgt. Receives Navy and Marine Corps Commendation with Valor

PHOTOS BY MC2 (SW) ANNA ARNDT NMCP Public Affairs

Brig. Gen. W. "Blake" Crowe, commander, U. S. Marine Corps Forces Command, awarded April 2 at Naval Medical Center Portsmouth Marine Sgt. Jose Galvan a Navy and Marine Corps Commendation with Valor for his efforts while deployed to Afghanistan in fall 2010.

Galvan was on foot patrol in Marjah when he found some weapon caches, improvised explosive devices and land mines. On another day, he ran 800 meters with a wounded Marine on his back while under fire.

His time in Afghanistan was cut short when, during another foot patrol, he stepped on an IED and received injuries to his right leg. Galvan recuperated at NMCP and currently works in the Fleet Liaison Office.

After the ceremony, Galvan said that he is proud of the award, as is his wife, Maria Rebecca, who was present for the ceremony.



Brig. Gen. W. "Blake" Crowe, commander, U. S. Marine Corps Forces Command, left, congratulates Marine Sgt. Jose Galvan after Crowe had presented Galvan with a Navy and Marine Corps Commendation Medal with Valor.

RESEARCH — Continued from page 7

educate others on your work and passions in medicine," Schulz said. "My panel of judges had great questions, posing some I myself hadn't thought of. It was a great opportunity to have insight from other fields of medicine on one of your own specialty cases. This competition only gave me more confidence about potential future presentations."

The poster competition has been steadily gaining ground, with the number of entries growing by about 10 percent each year. NMCP's leadership actively supports research which has

Lt. Cmdr. Patrick Cronyn, NMCP's Department of Emergency Medicine, explains his research to a panel of judges during the 28th annual Research Competition Poster Session.

had a positive effect the number of presentations and the quality of the research. One of the elements of the command's strategic plan is research and its contributions to the success of the medical center. The focus on research also upholds the Navy Surgeon General's goal of providing value within Navy Medicine.

Thomas Rieg, Clinical Investigation Department head, who had a large part in organizing the poster competition, noted these kinds of competitions help those in the medical community gain insight into and knowledge about cases and conditions they may not have seen before, or may not know much about.

"For me, being a researcher, I think research is fun," Rieg said. "Being able to come up with a question and answer that questions and contributes to science or medicine is really a fun thing. I think this is an opportunity to showcase research so other people become interested as well.

"Without research, medicine isn't going anywhere," Rieg added. "Everything we know is due to the result of some kind of research project."

The next portion of the annual ARC will be April 25 where NME staff and trainees will present their Institutional Review Board approved entries in the oral portion. The first place winners of the oral competition then will compete against regional winners from Navy Medicine West and Navy Medicine Capital Region at the Navywide ARC at Naval Medical Center San Diego in May.

Easter Bunny Visits NMCP for Egg Hunt

Photos by MC1 (SW/AW) Steven J. Weber NMCP Public Affairs

Hospital Point was covered with thousands of candy-filled plastic eggs March 23 during the annual Command Egg Hunt. About 150 kids divided into four age groups scrambled around looking for eggs during the hunt. During the two-hour event, kids could also visit and take pictures with the Easter Bunny, have their faces painted, get balloon creations, enjoy hotdogs and participate in potato sack races.

After the egg hunt, the Easter Bunny made an appearance in the Pediatrics Ward, handing out baskets filled with toys and candy to the children. The event was sponsored by the Oakleaf Club, Chief Petty Officers Association, First Class Petty Officers Association and the Junior Enlisted Association.



A father helps his child in the 2-and-under group hunt for eggs.



Members of the Junior Enlisted Association grill up hot dogs.



The children in the 6-8 age group rush from the start line to collect their treatfilled eggs.







The 3-5 age group during their hunt.

Above left: Rear Adm. Elaine C. Wagner, NMCP commander, along with the Easter Bunny, welcomes everyone to the Command Egg Hunt before starting the hunt for the youngest participants.

Left: A child from the 6-8 age group has her eyes set on the next egg she'll get.

Right: The children of the 9-12 age group midway through their hunt.





One of Bebop the Clown's assistants paints the face of a girl at the Command Egg Hunt.



Left: A young girl hops in a sack almost as big as her.



Connor Hanley hugs the Easter Bunny in thanks for the goodie bag brought to him in the Pediatrics Ward.



Two-month-old Thaddeus Kerns and his mother, Jessica Followell, with the Easter Bunny.



NMCP Hosts 3rd Annual 'Walk a Lap in Her Heels'

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT NMCP Public Affairs

More than 100 men and women from 15 commands donned women's high heels April 3 for a walk around Naval Medical Center Portsmouth's track to kick off Sexual Assault Awareness Month.

This is the 3rd annual "Walk a Lap in Her Heels" event takes a light-hearted approach draw to a serious topic. It was hosted by Morale, Welfare, and Recreation and Naval Station did some by Norfolk's Sexual Assault Prevention and Response Program.

This year's Department of Defense theme is "We own it...we'll fix it...together."

NMCP joins the rest of the Navy in

This year's Department of Defense theme is "We own it...we'll fix it...together." NMCP joins the rest of the Navy in leveraging SAAM as a way to emphasize its commitment to instill a climate that does not tolerate, condone or ignore sexist behavior, sexual harassment or sexual assault.

"The purpose is to increase awareness," said Cmdr. Deborah Sweetman, NMCP's lead SAPR advocate. "As the old saying goes, 'You never know a person until you walk a mile in their shoes.' One in four females and one in six males will be the victim of sexual assault in their lifetime."

The idea for the event was taken from the nationally recognized Walk a Mile in Her Shoes Foundation, which began in 2001. Its mission is to give men an opportunity to raise awareness



More than 100 men and women from 15 commands strapped on a pair of high heels for the 3rd annual "Walk a Lap in Her Heels" event at NMCP in recognition of Sexual Assault Awareness Month. in their communities, to take sexual violence seriously and work toward elimi-nating it.

"This showed some of the gentlemen who walked in the heels that it is not easy being a victim," said Sonar Technician 2nd Class (SW) Nicole Garyalvarez, SAPR advocate on USS Bulkeley. "I think this event is awesome; it's worth the time to come out here and support, and I

think we should do things like this more often. I don't think it just showed men, but it showed women as well, what it's like to be a victim. That's a really long walk in heels; it's about a half a mile, so just think about that long walk, like a victim having to walk home after an attack."

The event consisted of men and a few women walking just one lap instead of a mile, while wearing heels in order to gain a better understanding of what it's like to be a woman, to actually put themselves "in her shoes." At the end of the lap, not only did some have sore feet, but they all had more respect and

appreciation for the experiences of women.

"My job as a victim advocate is very important," Garyalvarez said. "This event shows that you need support. Because a lot of people needed support through this walk, and you're going to need support through the events that come with a sexual assault."

Active duty service members are given sexual assault awareness training annually, but there were still 578 reported cases of sexual assault in the Navy in 2009, which is the most recent year that statistics are available. According to Sweetman, about 50 percent of these occurred on military bases.

"This event reinforced what we have been taught," said Yeoman 1st Class (SW/AW) Jamie Blanco, USS Iwo Jima. "It shows that keeping people aware can be fun."

"I hope participants take away the importance of being the aware bystander and knowledge of the incidence of sexual assault and how it is impacting our Sailors," Sweetman said, "because it does impact our readiness, and readiness, jointness and values are the surgeon general's three goals."

"Sexual assault is a problem we should not be having in our country, but unfortunately that is not case," said Hospital Corpsman 2nd Class (FMF) Tyler Harris, NMCP's Staff Education and Training Department. "I believe we at times become too impersonal because we are afraid of involving ourselves in others' lives, which can be misconstrued as intrusive.

"Today, we pulled together to do something we see as a small thing of just walking a lap in a woman's shoes," Sweetman added. This helped raise my awareness by taking me out of my comfort zone."

During the month of April, NMCP's SAPR will include information on Sexual Assault Awareness in the command's Plan of the Day, on the televisions throughout the medical center and on the marquee near the main gate. They will also set up a table outside the galley every Thursday at lunchtime with information on the subject.



NMCP Sailors HM2 (FMF) Tyler Harris, Staff Education and Training Department, left, and HM2 (FMF) Carl Norman, Command Fitness, show their support for Sexual Assault Awareness Month during the 3rd annual "Walk a Lap in Her Heels" event at NMCP.



Meredith McCall-Noha, a sexual assault response coordinator from Naval Station Norfolk, helps Rie Russo, a military family member, pick out a pair of shoes.



USS Iwo Jima Sailors came to NMCP to participate in the 3rd annual "Walk a Lap in Her Heels" event April 3. From left, OS2 (SW/AW) Calisha Tyson, OS2 (SW/AW) Felicia Newson, and YN1 (SW/AW) Jamie Blanco.



Participants of the 3rd annual "Walk a Lap in Her Heels" show their support. From left, Rie Russo, a military family member, and OS2 (SW/AW) Calisha Tyson and OS2 (SW/AW) Felicia Newson, both from USS Iwo Jima.

NMCP First Classes, Chiefs Clean Up the Base

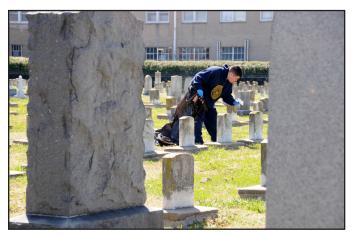
PHOTOS BY MC1 (SW/AW) STEVEN J. WEBER NMCP Public Affairs

Naval Medical Center Portsmouth's chief and first class petty officers cleaned up the base on April 3 during lunchtime, part of the Week of the Chief celebration and the CPO 365 initiative, a yearlong development and training for FCPOs.

Together, the more than 50 participants bagged up trash collected along the shoreline, in the cemetery, near the gym and the areas in between. Piles of stacked trash and debris were then picked up for disposal. The cleanup collected more than six truckloads of trash and driftwood.



The chiefs and first class petty officers prepare for the base cleanup by listening to a safety brief from Alfred Lane of Naval Support Activity.



Above: IT1 Luis Diaz picks up trash in the Capt. Theodore H. Conaway Memorial Naval Cemetery, during the basewide cleanup on April 3.

Right: HM1 Sajata Taylor, left, and LS1 Dennis Moruri pick up trash on the rocks of the seawall behind the barracks.



A group of chiefs and first classes begin the cleanup between Bldg. 2 and facilities.



HM1 Davitri Marshal and YN1 Tonya Goff pick up a 2x4 that washed up onto the rocks of the seawall behind the barracks



CPOs Celebrate 120th Birthday

Happy birthday, Chief Petty Officers! Naval Medical Center Portsmouth's CPOs celebrated the 120th birthday of the chief petty officer community April 1 with the chief's serving lunch in the galley followed by a cake cutting.

At the cake cutting, Rear Adm. Elaine C. Wagner, NMCP commander, spoke of the importance of the CPO community to the command. Command Master Chief (SW/AW/FMF) Michael James read the birthday message from Bureau of Medicine and Surgery's Force Master Chief (SS/SW/FMF) Sherman Boss.

The cake was cut by Wagner and the most junior chief, HMC (AW/SW) Charlena Beebe, and the most senior, HMCM (SW/AW/FMF) Anna Sanzone, as well as retired BMCM (MDV) Ernest Caltenback, an NMCP patient.



Rear Adm. Elaine C. Wagner, NMCP commander, welcomes the chiefs to the celebration of the 120th birthday of the community.

Right: CMDCM (SW/AW/FMF) Michael James reads the birthday message from FORCM (SS/SW/FMF) Sherman Boss.





The cake at the 120th CPO birthday celebration was cut by Rear Adm. Elaine C. Wagner, NMCP commander, the most junior Chief HMC (AW/SW) Charlena Beebe, the most senior Chief HMCM (SW/AW/FMF) Anna Sanzone as well as retired BMCM (MDV) Ernest Caltenback, an NMCP patient.

Right: HMC Tara Geuy, Operative Specialties LCPO, prepares a to-go order while other members of the Chief Petty Officers Association serve lunch in the galley.



Some of NMCP's chief petty officers serve lunch in the galley in celebration of the 120th CPO anniversary.



History of Women Inventors Emphasized during Women's History Month Celebration

Story and photos by MC2 (SW) Anna Arndt NMCP Public Affairs

Challenging the perception of women's roles in Science, Technology, Engineering and Mathematics was the focus of the Women's History Month celebration at Naval Medical Center Portsmouth on March 29.

This year's theme, Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics, offered the opportunity to encourage women and girls to be active in these fields, and the discussion that some may need reminders of the accomplishments of those who have come before them before they may have the confidence to be successful.

Cmdr. Maria Norbeck, Diversity Committee co-chair, kicked-off the celebration with a few remarks about the importance of women's continued pursuits in the STEM fields.

"Young girls today who are captivated by Science, Technology, Engineering and Mathematics are not only faced with the stereotypes that boys are naturally better than girls in math and science, but that girls also lack the historical role models to guide their aspirations," Norbeck said.

"As a Sailor and Navy Nurse Corps Officer of 30 years of service, I beg to differ," she continued. "Women have served in the United States Navy for over a century. Today, there are 52,392 women serving on active duty in an array of traditional and nontraditional careers, who are expected to adhere to the same regulations as their male counterparts."



Lee Ellen Knight, a professor of Women's Studies at Old Dominion University, shows NMCP staff a photo of early agriculture tools invented by women in the Ice Age.

Guest speaker Lee Ellen Knight, a professor of Women's Studies at Old Dominion University in Norfolk, then spoke of how women have been perceived in the past, followed by the contributions of many women inventors and scientists.

"Women's history is important to remember and celebrate because we as humans base our ideas about what is possible on what has happened before," Knight said. "So by studying a complete version of history, not the partial version that many of us are taught, we learn what many women have accomplished in the past and that makes it more likely that more of us will accomplish things in the future."

Knight explained that many philosophers, writers and anthropologists have, over the last few centuries, not recognized the valid role of women active in the STEM fields, despite evidence of women inventors dating back to the Ice Age. These first women inventors invented hunting nets and tools, participated in the hunts and food gathering, and providing a majority of the daily calories for the family.

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Oceana BHC Celebrates Women's History Month



Photo by MC2 Antonio P. Turretto Ramos

Dr. Kristin Barbee, clinical psychologist, performs an interpretive dance during the Women's History Month celebration at NAS Oceana Branch Health Clinic March 29. The program included retired Lt. Carmen Baker as guest speaker and first-person accounts of experiences and struggles endured by women such as Amelia Earhart.

Pie in the Face Fundraiser Benefits Hospital Corps Ball

PHOTOS BY MC2 (SW) ANNA ARNDT NMCP Public Affairs

The Hospital Corps Ball Committee hosted the annual Pie in the Face fundraiser at Hospital Point April 4. Staff voted throughout the week for who they wanted to participate and the top 10 vote earners got pies to the face, some topped with sprinkles and chocolate syrup.

Senior Chief Hospital Corspman John Mooers received the most votes with 163, and the whipped cream was flying. The event raised \$1,252, which will go towards the cost of this year's Hospital Corps Ball.



HMC Tara Geuy tastes the pie she is covered with during the Pie in the Face fundraiser.



HM1 Antoinette Saunders buys pies during the annual Pie in the Face fundraiser April 4.





Left: HMC Maria Decena-Taylor is "pied" by her daughter.

Right: HMC Maria Decena-Taylor, HM1 April Roots and HM2 Abiola Ayegunle get HMCS John Mooers.

Right: HM2
Abiola Ayegunle
prepares to
pie CMDCM
(SW/AW/FMF)
Michael James
at the annual
Hospital Corps
Ball fundraiser
on April 4.







Photos by MC2 (SW) Anna Arndt

Civilian in the Spotlight

Veronica Scott

Hometown: Bronx, N.Y.

Years of Service: 4 years civil service, 20 years active duty, last 16 years at NMCP.

Job: Advanced medical laboratory technician

What do you like most about your job? Being able to provide doctors with information that is used to give efficient treatment of patients.

What do you do in your off duty time/hobbies? I like to work out, dance and travel.

Favorite movie: The Postman Always Rings Twice

Favorite food: Baked oysters on the half shell

Anything else interesting about yourself that you would like to tell us? I am currently pursuing my master's degree in Social Work.

Why was she nominated as Civilian in the Spotlight? "Mrs. Scott is a highly intelligent and hard working technician and is an invaluable asset to the

Microbiology Division and NMCP," said HM1 (SS/SW) Jon Morgan, Microbiology Division's leading petty officer. "And, Mrs. Scott is great at training all our staff since she has been here as long as she has; she deserves some recognition."

Sailor in the Spotlight

HN Yocelin Hernandez Rojero

Hometown: Denver

Years of Naval Service: 2 years

Job: Occupational therapy technician

What do you like most about your job? The patient contact, the work environment and the ability to be creative in my work.

What do you do in your off duty time/hobbies? I love to volunteer, church, read, dancing and spending time outdoors.

Favorite movie: The Pursuit of Happiness

Favorite food: Middle Eastern, Chinese and Mexican

Anything else interesting about yourself that you would like to tell us? I love to make a difference in someone's life and to help those who are in need.

Why was she nominated as Sailor in the Spotlight? "HN Hernandez Rojero has exhibited outstanding dedication to the department's mission as well as the command's," said Hospital Corpsman 1st Class (SW/AW)



Photos by MC2 (SW) Anna Arndt

Steven J. Dufresne, leading petty officer for Physical and Occupational Therapy clinics. "She has worked with 20 staff providers in providing quality care to over 2,200 beneficiaries monthly in the Occupational Therapy Clinic. On board for such a short time, HN Hernandez has already dived head first into the command's Diversity Committee, JEA and CSADD where she has contributed over 80 hours of volunteer time. HN Hernandez Rojero is definitely a model corpsman and Sailor who has earned the right to be nominated for Sailor in the Spotlight."

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APRIL AWARDS

MERITORIOUS SERVICE MEDAL

Lt. Cmdr. Samuel Werschky

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Richard Adcook Cmdr. Roger Bunch Cmdr. David Thomas Cmdr. John York Lt. Jeremy Griswold

HMC(SW/FMF) Joseph Alvior HMC(SW/FMF) Melissa Gornitzka

FCC(SW) Eric Shaffer HM1(SW/AW) Joseph Rojas HM3 Roberto Casiano

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Robin Bennett Lt. Cmdr. Jennifer Thomas Maj. Jacob Wessler Lt. Ralph Deconti III Lt. Micah Kinney Lt. Reynaldo Reyes CS1(SW) Audie Daley HM1(SW) DeShaun Green HM1 Howard Jones

HM1(FMF/AW) Christopher Zunker

HM2(SW) Sopi Brown YN2(AW) Corey Coberly

ET2 John Doyle

SH2 Donald Earnest III
HM2(SW) Elisabeth Oakes
HM2 Sabrina Robinson
HM2 Michelle Taylor
HM2 Desirine Williams
HM3 Kennethjohn Elejorde
PS3 Konstance Gardner
HM3 Adam Leroy

HM3 Eunice Requenes HM3 Daniel Williams HN Jason Asnes

HN Starr Garcia

NAVY MERITORIOUS CIVILIAN SERVICE AWARD David McCarthy



Some of those who received awards at the March 27 award ceremony after the awards presentation.

Photos by MC1 (SW/AW) Steven J. Weber

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She also discussed more recent inventors, from Josephine Cochrane who invented the dishwasher in 1870, to Martha Coston who invented signal flares that were used by the Navy and Marion Donovan who invented the disposable diaper.

Knight also pointed out some changes in society that would support the expanding roles of women, including changing stereotypes ideas about who can do what and changing the subconscious expectations about male and female ideals.

"I hope that people will take away both a wider appreciation of the inventions that women have come up with in the

past, starting in the Ice Age, and a questioning attitude about the stories that we often hear in the news about how different men's and women's brains are, and how that difference in their brains supposedly leads to a difference in the careers we choose."

The event wrapped up with Norbeck, Knight and Elena Miller, a member of the Diversity Committee who coordinated the event, cutting the cake. March was declared Women's History Month in 1987 by the U.S. Congress and is an annual celebration honoring the historic achievements of women.

SHIPMATE OF THE MONTH



Photo by MC2 (SW) Anna Arndt

RP2 ROSS BOHENSKY, DQM HN JOEY LEGASPI, DPHS HN HAROLDKYLE AGLIT, DPE HN ALEX GONZALEZCOLON, DSS HM3 MANUEL LINARES, DMS HN JACOBY WILLIAMS, DCSS HN EDWARD McIvor, DMH HN MICHAEL TRAN, DNS HM2 CRYSTAL ANDERSON, DPC HM3 DANIEL DIMOND, DFA

APRIL MENTOR OF THE MONTH

As the leading petty officer of Combined Food Operations and Nutrition Management, Culinary Specialist 1st Class (SW/AW) Micah Lee manages 90 Sailors and civilians in a diverse Food Service Operation in preparing and serving 1,500 nutritious meals a day. He oversees the highest standards of sanitation of 20 spaces and stellar customer service to 4,000 patrons.

He provides a positive influence on the professional growth of 61 Sailors, holding Career Development Boards, training, organizing, complying with appropriate command and federal regulations, and execution of work center initiatives.

He revitalized the Mentorship Program for his department, providing information and support for mentorship activities. He supports the aspirations of his 10 mentees with sound advice, guidance and training. He encourages them to accept challenges and overcome difficulties.

Lee said, "the importance of the Mentorship Program is evident because we recognize the value of networking and maintaining relationships throughout our professional career. The value of a good



Photos by MC1 (SW/AW) Steven J. Weber

mentor is immeasurable when it comes to learning the tricks of the trade, as well as becoming connected to those in the know and possesses the ability to succeed."

Lee advises other mentors to listen, be respectful, be assertive, be sensitive and, most of all, establish clear expectations. His mentoring philosophy is in learning you will teach, and in teaching you will learn. He is motivated by passion. "When a Sailor is passionate about their job and the Navy, I get excited. There is just something about being passionate about what you do that is contagious."

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.